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Food and Home Notes

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Placing food in the home freezer? USDA Home Economists say...always allow a 1-inch space around the package for air circulation.

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If power fails — a half-loaded freezer may not keep food frozen for more than a day. A fully - loaded freezer will usually stay cold enough to keep food frozen for 1 to 2 days if the door is not opened.

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Do not handle dry ice with bare hands — it can cause burns.

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Use a reliable thermometer to check the temperature in your home freezer.

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Poultry may be thawed in the refrigerator, in a cool room, or at room temperatures in cold water.

TRAVELING IN THE WEST?

—VISIT THE LAVA LANDS VISITORS CENTER

Did you ever wonder what it was like on this earth millions of years ago? You can get a good idea at the new Lava Lands Visitors Center in the Dechutes National Forest, which is administered by the USDA's Forest Service.

Located south of Bend, Oregon, off Highway 97, the new Visitor Center sits at the foot of Lava Butte, an area of intense volcanic activity, some of which occurred as recently as 1,300 years ago.

The Lava Lands Center contains displays and dioramas designed to show visitors the volcanism and other natural forces that are associated with land forming.

It's all out there — a simulation of the glacial age, hot blasts of air as if from a fiery lava river, and the shaking floor as if from explosive volcanic eruptions. There's also a special trail suited for wheelchairs that leads through a forest of young pines near the edge of the lava flow.

LIVESTOCK IS FOR EATING...

— AND OTHER USES

Did you know that less than half of a live steer or hog reaches the dinner table as meat cuts? Take a 1,000 pound steer — the yield (on the average) is only about 440 pounds of meat. Ah, but the rest of the animal —

A small portion of the animal is sold for direct consumption as variety meats, such as hearts, stomachs, tripe, spleens, livers, kidneys, brains, tongues, and sweetbreads.

Part of the byproducts, of course, is the hide which accounts for 6 to 8 percent of the wholesale value of the dressed-out animal.

Several major drugs depend on livestock organs as their only or most effective ingredient: Heparin — a powerful anticoagulant used in dissolving blood clots, — derived from the hog. ACTH — a drug for treating arthritis and in minimizing after-effects of surgery — depends solely upon livestock adrenal glands as a source. Cortisone — (now available synthetically) also can be obtained from adrenals. Insulin — comes from the pancreas of animals. Most of the hormones now, so widely used are extracted from the sex organs of livestock.

Then, there's lard, grease, and glycerine. The American consumer seldom buys lard, as is, but shortening and margarine often contain some lard — and the bakeries and fast-food chains use a lot of lard. Today, a major portion of the inedible tallow goes into lubricants for gears and other machinery. Then there is neatsfoot oil which lubricates watches and other mechanisms.

The cosmetic industry — an up and coming market — for protein hair care products which are most responsive to animal protein.

A big buyer of livestock bones is the gelatin industry and so far, no gelatin substitute source has been developed. Even though gelatin itself has no actual food value and its protein can't be readily used by the human body, it is still in demand because of its physical properties.

LIVING WITH CHANGE

What Do You Do...if you're unemployed? If your income buys less than before?...If you have unexpected expenses?...If your debts are piling up? No easy answers are available, but the Extension Service, U.S. Department of Agriculture is attempting to educate consumers on how to cope with the realities that many people are facing all over the world today.

To live with economic changes you can spend less and have less; you can use what you have to better advantage; or you can increase your resources by adding more money and doing more things for yourself.

Planning is the key to managing your money more wisely. Steps to consider include:

- 1) Look at the amount of money you have each month after taxes.
- 2) Keep records for a month to see where your money goes.
- 3) List the amounts of major monthly expenses-housing, food, transportation, clothing, etc.
- 4) List other payments you make only at certain times of the year, such as car insurance, life insurance, etc. Figure how much these cost each month. List how much you are spending on installment payments each month.
- 5) Look at the amount you are saving each month.

Some of the alternatives to lower spending might include reviewing your resources and exploring how you might maintain your present insurance coverage at a lower cost; using your credit more wisely and limiting your buying, and in making comparisons before buying expensive goods and services.

Keep up to date on what's happening in the nation and around the world so that you'll be aware of the changes that may affect your own life style. Living with change is a challenge.

HOME SAFETY



Staff members of the Senior Citizen Centers in Washington, D.C., are participating in a series of home fire safety training meetings sponsored by the Cooperative Extension Service, Washington Technical Institute.

HIGH ALTITUDE COOKING

— If you live in some parts of the country with high altitudes, you may have a problem with recipes. There is a difference! Recipes developed and tested in the altitude laboratory of the Home Economics section of the Colorado State University Experiment Station were prepared for bakings at 7,500 and 10,000 feet.

Publications on High Altitude Food Preparation may be secured from the Bulletin Room, Colorado State University, Fort Collins, Colorado 80521. Make checks payable to Colorado State University.

556-S	Mile High Cakes for the 70's.....	50¢
415-A	Quick Mixes for High Altitude Baking.....	50¢
456-A	Cookie Recipes from a Basic Mix for High Altitudes.....	50¢
544-S	Wheat-Gluten-Egg and Milk-Free Recipes for Use at High Altitudes and at Sea Level.....	50¢

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